

**ENLIST
TODAY**
Space is limited!

OLDE ROPE MILL PARK **BOOT CAMP**

6 weeks to show yourself
what you're made of.



Get in shape as the New Year begins!

2009 New Year Session: January 5th - February 13th

Mondays – Friday

Evening: 5:00 – 6:00 PM

Evening: 6:00 – 7:00 PM



What to expect:

Valuable Fitness Assessments
Power-packed, 1 hour sessions
Cardio guidelines
Food logs & Basic Nutrition guidelines
Interval training & Circuits
Kettle bell exercises
Kickboxing & Agility Drills
Team challenges
Functional training
Emphasis on form & safety
Injury prevention "Prehab" approach
Positive peer pressure

Benefits:

- Increased strength, flexibility, endurance, balance and cardiovascular function.
- Measurable results.
- Variety & challenge.
- Personal training at group prices.
- Look great in jeans-and in the mirror.
- More energy; less stress
- Improve mental clarity & attention span.
- Natural surroundings – no boring treadmill

CONTACT:

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770-714-5206
xrsz@bellsouth.net

LOCATION:

OLDE ROPE MILL PARK
690 Rope Mill Road
Woodstock, Ga. 30188

6 Week Program options:

3 DAYS PER WEEK: \$189. (18 SESSIONS)
4 DAYS PER WEEK: \$249. (24 SESSIONS)
5 DAYS PER WEEK: \$289. (30 SESSIONS)

*Discounts available for City Employees
and CCBOE Employees.



ENROLL TODAY!

Woodstock Community Ctr
108-C Arnold Mill Road
Woodstock, GA 30188
Monday – Friday
8:00 to 5:00pm

Tel: 770 517-6788

Fax: 678-445-4351

Director:

Preston Pooser

Administrative Assistant:

Marybeth Stockdale

The 6 week Boot Camp is designed to focus on strength, endurance, fat loss, and lean muscular definition in a motivating group atmosphere. A variety of challenging workouts will push you beyond what you thought you were capable of and leave you feeling fired up!

F.A.Q.

How frequently do we meet?

Sessions are held Monday through Friday for one hour during the six-week program.

For clients that sign up for the 3 day per week program, it is recommended that you attend on Monday, Wednesday and Friday to allow a time period for muscle recovery.

Clients that sign up for the 4 day per week may choose any 4 week days.

Clients that sign up for the 5 day per week attend each weekday, Monday through Friday.

Boot Camp sessions are interchangeable, so if you miss a session, you may attend another session that day or on another day that week. Participants are expected to arrive on time.

Who can attend?

Boot Camp is open to anyone who wants to improve their health and fitness and is ready for change. The camp caters to all sizes, shapes and fitness levels; ages 18 and up. (Ages 12-18 eligible with instructor approval)

Do I need to be “athletic” to join?

Absolutely not! Our goal is to improve your current level of health and fitness. Each week that you put off joining so that you can think about getting in “better” shape is a week that you could have spent actually working on it. If you are already an athlete, you’ll benefit by taking your game to the next level. Modified and advanced versions of various exercises will be demonstrated so that you can participate at your own fitness level.

Is there Boot Camp when it rains?

Boot Camp will continue during light drizzle. In the event of severe weather such as lightening, thunderstorms or hail, clients will be notified of cancellation and a make-up session will be provided at no cost. Please wear clothing appropriate for the weather.

What results can I expect?

What effort will you exert? With any fitness program; you get out of it what you put into it. A healthy rate of weight loss is 1 to 2 pounds per week, so the potential is there to lose up to 6-12 pounds of body fat in 6 weeks. Show up, work hard and results will follow! Results aren’t guaranteed; they’re earned.

What do I need to bring?

Please bring water for hydration, a towel, enthusiasm and commitment.